

November 2011

Group Exercise Class @ Salt River High School

Provided by the Salt River Disease Prevention Program

Classes held in Aerobic Room in the Basketball Gymnasium Utilize the south gate entrance to the campus**

Monday	Tuesday	Wednesday	Thursday	Friday
377	1 3:30pm — 4:30 pm Zumba	2 3:30pm – 4:30 pm Total Body Circuit	3 3:30pm - 4:30 pm Abs/Core w/Jason	3
	w/Rachel	w/Michelle	Abs/Cole w/ Juson	
	8 3:30pm - 4:30 pm Cardio Mix w/Rachel	9 3:30pm - 4:30 pm Total Body Circuit w/Michelle	10 <u>3:30pm – 4:30 pm</u> Abs/Core w/Jason	
14	15 3:30pm — 4:30 pm Zumba w/Rachel	16 3:30pm - 4:30 pm Total Body Circuit w/Michelle	17 3:30pm – 4:30 pm Abs/Core w/Jason	18
21	No Class	No Class	24 Happy Thanksgiving No Class	25
28	29 3:30pm - 4:30 pm Cardio Mix w/Rachel	30 3:30pm – 4:30 pm Total Body Circuit w/Michelle		*

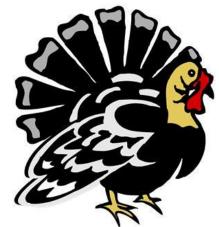
Class Descriptions:

<u>Abs/Core:</u> All movement involves the core (abdominal muscles). This class will help increase core strength and stability.

<u>Cardio Mix:</u> You never know what to expect. The instructors will keep you guessing and mixing up the format - maybe it will be hi/lo, step, Cardio Kickboxing, Zumba or a combo of them all.

<u>Total Body Circuit:</u> Total body workout that alternated 3-4 minutes of cardio with 2-3 minutes of strength. Time flies as you work it ALL!!!

Zumba: A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique



QUESTION PLEASE CONTACT: 480-362-7320 (Salt River Fitness Center)